

2
Clinician Encounter
INITIAL PROBLEM VISIT**Concentra®**
treated right

Patient Name:

GALLEGOS, GEORGE SR

DOB:

05/13/1966

SSN:

565-51-4222

Patient ID#:

100-613-682

Onset of illness/injury:

HURT ARM

Visit Date:

02/21/2014

MEDICAL HISTORY

HIEF COMPLAINT(S): Pain trying to police alteration pain 16/11
Injurr today @ 7:55 AM he reports interaction w/ police
Observe twisted behind back & placed in cuffs. Reports

PI: (duration, onset, aggravating & relieving factors, quality, severity, location, radiation, previous episodes, etc.)

pain @ Anterior Shoulder w/ arm turned to back. C/o pain to
lateral neck, mid post shoulder, lateral Chest wall, anterior @
arm. This results in @ shoulder & upper arm pain, pain in

CS: Normal (✓ if abnormal)

- fever chills night sweats tiredness weight change appetite change
- sinus pain sinus drainage headache facial pain
- earache ear discharge decreased hearing tinnitus
- eye pain red eye blurred vision double vision eye discharge
- sore throat swallowing difficulty toothache gum swelling hoarseness
- rash itching bites sores redness
- chest pain palpitation edema
- cough breathlessness wheezing sputum bloody sputum
- pain nausea vomiting bloody vomiting diarrhea bloody or dark stools
- joint pain joint swelling redness limited movement
- headache weakness numbness tingling poor balance or coordination
- frequency urgency burning bloody urine discharge irregular periods
- mood interest concentration sleep problems suicidal ideation anxiety

plain (if abnormal): New motion @ rotation → radiation to scapular 5/5
Neck 0.

Occupation: disabled, 20 TBIergies: none

DATE: 2/21/14 TIME: 11:45 AM
 reported to: 2nd floor ER reported by: ER
 phone: 510-450-1234 fax: 510-450-1235
 email: ER@concentra.org given to: ER
 information rec'd: ER info given: ER

st Medical: none significant Reported @ PC pain for 2 weeks prior to todayst Surgical: none significant history of fall from roof todaymily History: none significantxications: none OTC #1 Amech / Vicodin 10 mg for sleepbits: none smoking sig/day yrs snuff exercise - 30 min 5+ daysmunizations: none alcohol drinks/day others diet - 5+ fruit/veg per day

Dekoff

Provider Signature:

02/21/2014

Visit Date:

Patient Name:

BALLEGOS, GEORGE SR

DOB:

05/13/1966

Temp: 98.6 °C	Pulse: 81 /min	BP: 104 / 13 mm Hg	Resp: 16 / min	BMI:
Ht: 5'8 in	Wt: 135 lbs	O2 sat: %	Vision: R L	LMP:
Time of Vitals _____		RN/MA Initial _____		

Physical Examination

Appearance	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> no acute distress <input type="checkbox"/> alert & oriented x 3 <input type="checkbox"/> atraumatic, normocephalic <input type="checkbox"/> external auditory canal & TM's <input type="checkbox"/> nose & paranasal sinuses <input type="checkbox"/> lips, teeth & gums <input type="checkbox"/> tonsils & pharynx <input type="checkbox"/> eye lids & conjunctivae <input type="checkbox"/> pupils (peri), ecmi <input type="checkbox"/> fundoscopic	<input type="checkbox"/> Abnormal <u>mod drowsiness to pain</u> <input type="checkbox"/> <u>tachymia 3 metrial @ elbow w/s sweating</u> <input type="checkbox"/> <u>hyperthyroid - right side intact</u> <input type="checkbox"/> <u>exaggerated reflexes to palpation</u> <input type="checkbox"/> <u>slender palpation @ dorsal spine cervical</u> <input type="checkbox"/> <u>trapezius, diffusely to shoulder upper</u> <input type="checkbox"/> <u>arm wrist elbow hand forearm -</u> <input type="checkbox"/> <u>hand grip @ pain</u> <input type="checkbox"/> <u>sensation intact - reports sensation of</u> <input type="checkbox"/> <u>being stuck with needles to back/touch</u> <input type="checkbox"/> <u>left arm distal @ 120° c pain</u> <input type="checkbox"/> <u>left arm evoked stimulus 15° c pain</u> <input type="checkbox"/> <u>palpation compression neck</u> <input type="checkbox"/> <u>been pt @ d extension c pain</u> <input type="checkbox"/> <u>over shoulder all planes c pain</u> <input type="checkbox"/> <u>BC pain to gluteal tabs</u>
HEENT	<input type="checkbox"/> supple <input type="checkbox"/> lymph nodes <input type="checkbox"/> thyroid	
Neck	<input type="checkbox"/> regular rate & rhythm <input type="checkbox"/> carotids & abdominal aorta <input type="checkbox"/> peripheral pulses	
Cardiovascular	<input type="checkbox"/> symmetric chest movements <input type="checkbox"/> clear to auscultation bilaterally	
Respiratory	<input type="checkbox"/> soft, non tender, + bowel sounds <input type="checkbox"/> no organomegaly	
Abdomen	<input type="checkbox"/> costovertebral angle <input type="checkbox"/> rectal (if indicated)	
Genitalia	<input type="checkbox"/> hernia <input type="checkbox"/> male	
Neurological	<input type="checkbox"/> female (extremal) <input type="checkbox"/> pelvic <input type="checkbox"/> cranial nerves (II - XII) <input type="checkbox"/> strength <input type="checkbox"/> sensation <input type="checkbox"/> reflexes <input type="checkbox"/> gait	
Musculoskeletal	<input type="checkbox"/> spine <input type="checkbox"/> bones & joints	
Extremities	<input type="checkbox"/> FRCM <input type="checkbox"/> no CC or E	
Breast	<input type="checkbox"/> chest wall <input type="checkbox"/> breast & axillae	
Skin	<input type="checkbox"/> intact <input type="checkbox"/> no rash or lesions	
Psych	<input type="checkbox"/> affect & thought process	

Initial Lab / Radiology / Test

X-ray Right shoulder
Type Plain film
Type Plain film
Type Plain film

Interpretation Right arm
Right

<input type="checkbox"/> Lab	Result
<input type="checkbox"/> Rapid Strep	_____
<input type="checkbox"/> HCG	_____
<input type="checkbox"/> Influenza A&B	_____
<input type="checkbox"/> Mono	_____
<input type="checkbox"/> UA	_____

<input type="checkbox"/> Blood Sugar	Result
<input type="checkbox"/> Guaiac	_____
<input type="checkbox"/> Rapid HIV	_____
<input type="checkbox"/> Other	_____

Test	Interpretation
<input type="checkbox"/> Audio	_____
<input type="checkbox"/> EKG	_____
<input type="checkbox"/> PFT	_____
<input type="checkbox"/> Peak Flx	_____

Repeat #2 _____ Repeat #3 _____

Destoff

D

Provider Name (Please Print):

Provider Signature:

02/21/2014

Visit Date:

Patient Discharge Instructions**Patient:**

GALLEGOS, GEORGE SR

MRN #:

100-513-682

Date:

02/21/2014

INSTRUCTION SHEET(S) TO BE PROVIDED:

<input type="checkbox"/>	Angina	<input type="checkbox"/>	Conjunctivitis	<input type="checkbox"/>	Head Injury	<input type="checkbox"/>	Pharyngitis
<input type="checkbox"/>	Animal bites	<input type="checkbox"/>	Contact Dermatitis	<input type="checkbox"/>	Herpes Zoster	<input type="checkbox"/>	Pneumonia
<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Dehydration	<input type="checkbox"/>	Hemorrhoids	<input type="checkbox"/>	Poison Ivy
<input type="checkbox"/>	Back Pain/Muscle Strain	<input type="checkbox"/>	Diarrhea	<input type="checkbox"/>	Hives	<input type="checkbox"/>	R.I.C.E. Treatment
<input type="checkbox"/>	Bronchitis	<input type="checkbox"/>	Foreign Body in Eye	<input type="checkbox"/>	Influenza	<input type="checkbox"/>	Sinusitis
<input type="checkbox"/>	Burns	<input type="checkbox"/>	Fracture(s)	<input type="checkbox"/>	Mononucleosis, infectious	<input checked="" type="checkbox"/>	Sprain/Strain
<input type="checkbox"/>	Bursitis	<input type="checkbox"/>	Gastroenteritis	<input type="checkbox"/>	Osteoarthritis	<input type="checkbox"/>	Strep Throat
<input type="checkbox"/>	Cellulitis	<input type="checkbox"/>	GERD	<input type="checkbox"/>	Otitis Media	<input type="checkbox"/>	U. T. I.
<input type="checkbox"/>	Common cold	<input type="checkbox"/>	Gout	<input type="checkbox"/>	Otitis Externa	<input type="checkbox"/>	Other _____

WOUND CARE INSTRUCTIONS:

Good wound care will help prevent infection and promote healing. Elevation of the injured area should help to decrease pain and swelling.
Please follow the checked instructions regarding wound care:

<input type="checkbox"/> Keep wound clean and dry	<input type="checkbox"/> Apply ointment ____ times a day.
<input type="checkbox"/> No ointment necessary	<input type="checkbox"/> Keep dressing in place.
<input type="checkbox"/> Change dressing ____ times per day.	<input type="checkbox"/> Keep wound open to air.
<input type="checkbox"/> Soak in warm water ____ times per day.	<input type="checkbox"/> Return in ____ days for wound check and/or suture removal.

Particularly pay attention to the following signs of infection: Increased pain, redness, swelling, red streaks, purulent drainage, foul odor or fever. Be careful not to impair circulation when redressing wounds (do not bandage too tightly)!

FOLLOW UP INSTRUCTIONS:

<input type="checkbox"/> Return to the clinic if problem(s) or condition(s) worsen	<input type="checkbox"/> Return to clinic if you are no better in _____ days
<input type="checkbox"/> Return to clinic in _____ days or sooner if condition worsens.	<input type="checkbox"/> Take medications exactly as directed
<input type="checkbox"/> Please contact Dr. _____ office for follow up visit, to be seen in _____ days	<input type="checkbox"/> Please contact the clinic if you have any questions and/or concerns

ADDITIONAL DISCHARGE INSTRUCTIONS (INCLUDING WORK/ACTIVITY RESTRICTIONS):

- Ibuprofen 800 mg - 3x daily, Tylenol 1 tab 3x daily as needed
 - Ice X 48° then soak in warm water & Epsom salts as discussed
 Follow up with private MD and Physical Therapy.

EXAMINED BY:

Provider Signature

Patient Signature